

**Amity Law School, Delhi**  
**(Affiliated to GGSIPU)**

*Avlokan & Samvritta*

**“Creating Value for Self & Others”**



**(The Mentorship Programme & Reflective Journal)**

# ***“Mentoring - a nurturing relationship that transcends the classroom and empowers for life”***

## **Rationale for the Mentoring Programme : *Samvritta and Avlokan***

***“Treat a man as he is and he will remain as he is. Treat a man as he can and should be and he will become as he can and should be.”*** **- Goethe**

We have named our Mentorship Programme ‘SAMVRITTA’ signifying the ‘Perfect, Holistic Circle’. The programme will cover all the students of the new Batch of 2016 who will be divided into mentoring circles of 30 student mentees. A mentoring circle will consist of 30 student mentees from the 2016 batch and 1 Faculty mentor.

The purported objectives of the programme are -

- To cultivate self reflection and self belief;
- To foster a sense of belonging and inclusion across cultural variations and differences;
- To enhance soft skills such as goal setting, problem solving, self motivation, interpersonal skills and team building abilities;
- To improve academic performance, communication and presentation skills.

Self-growth begins with self-awareness and self-exploration. The art of achieving our goals in life begins with trying to understand ourselves better, build on our strengths and challenge our weaknesses through a process of interacting and learning to work with others. This is also the path to happiness; an experiential process rather than a theoretical one. One part of the mentoring programme, is writing a reflective journal – *Avlokan*, wherein the students will get an opportunity to develop a greater understanding of their growth. Writing the journal *Avlokan* will help the students frame their personal philosophy and mission statement. This will enable a greater awareness and recognition of their personal values and belief systems. Such a process can serve as a useful foundational tool that can both mirror and guide them in subsequent personal and professional ethical decision making, both in college and beyond. *Samvritta* and *Avlokan* are part of the endeavour of knowing oneself better through working with others thus creating value for self and others.

There is a list of 5 suggested activities listed below and each mentoring circle may opt for any one activity-

1. Legal Awareness and Community Outreach;
2. Literary / Creative Writing / Writing for Social Media;
3. Film Making - Making a video on a relevant socio-legal issue;
4. Theatre;
5. Public Speaking.

The idea is that through a group showcasing, the students enhance their personal and professional skills. The students should also chart their personal growth in the reflective journal and link it with the activities they undertake as a part of the mentoring programme. The journal will be evaluated for five marks which will be added to the internal evaluation under PSDA for Legal English and Communication Skills.

We have realized that self-enhancement needs to be self-propelled with some degree of emotional support and guidance. The students estimate their current capabilities and skills in the **Assessment Tracker** included in the journal *Avlokan* when they join the programme in August. After this, they track their progress and fill in their progress in the Assessment Tracker after sufficient introspection, self-exploration and due deliberation with the mentor at the end of the semester (November) in context of the relevant parameters. In essence, the mentee can evaluate her/his progress two times in a semester, once at the commencement of the session and the other at the end of the semester.

During the mentor-mentee sessions, the mentor provides acceptance, support and encouragement through active listening to the various issues the mentee may have. The mentor helps the mentee in goal setting, future planning and also discusses with him the best course of action. At the end of the semester, both the mentor and mentee would write down their individual comments regarding their personal learning during the programme. The tracker is submitted to the IQAC at the end of the academic session along with the marks awarded for the mentee by the Faculty Mentor.

The mentoring programme is mutually beneficial for both the mentee and the mentor. For the mentee, it brings about improved knowledge and skill and a greater sense of confidence and well-being. It is a big asset to have someone provide feedback and reinforcement. The mentor experiences great satisfaction and fulfillment in making a positive difference in the life of the mentee. The successful mentoring programme is an asset to Amity Law School, Delhi. It enables building an inclusive and supportive environment in the institution. It helps people feel valued and respected despite differences. It strengthens the bonds among the students and between the students and the faculty.

This is hoping that *Samvritta and Avlokan* help you create the utmost value in the path of self-discovery and self-enhancement during your stay at Amity Law School. Wishing you a joyful learning experience.

Prof. (Dr.) Mona Sharma

## **Confidentiality Clause (Aug-Nov)**

**We will honor confidentiality reposed in us and protect the data collected for the academic development of the student:**

**Signature:**

**Signature:**

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**MENTEE**

**FACULTY MENTOR**

**NAME OF THE MENTEE: .....**

**NAME OF THE FACULTY MENTOR: .....**

*"The way to gain a good reputation is to endeavor to be what you desire to appear."*

*-Socrates*

## **Confidentiality Clause (Jan-Apr)**

**We will honor confidentiality reposed in us and protect the data collected for the academic development of the student:**

**Signature:**

**Signature:**

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**MENTEE**

**FACULTY MENTOR**

**NAME OF THE MENTEE: .....**

**NAME OF THE FACULTY MENTOR: .....**

*“What lies behind us and what lies before us are tiny matters compared to what lies within us”  
- Oliver Wendell Holmes*

# Reflective Journal

## AVLOKAN

*"We must not cease from exploration. And the end of all our exploring will be to arrive where we began and to know the place for the first time." - T.S. Eliot*

**NAME:** .....

**ENROLMENT NUMBER:** .....

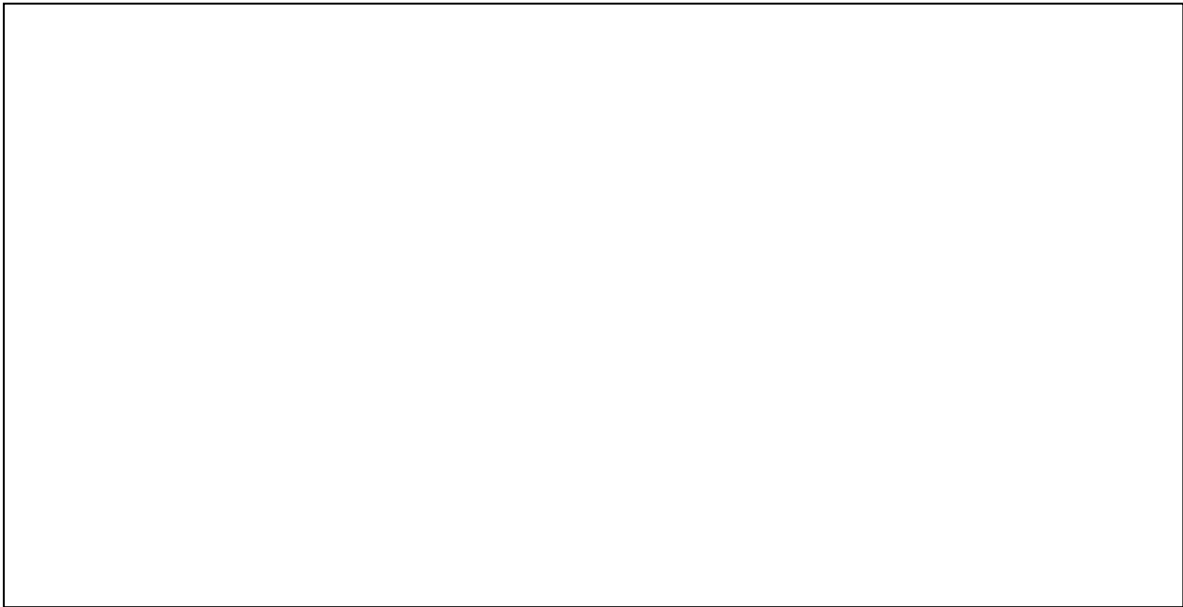
**BATCH:** .....

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# Reflective Journal

## AVLOKAN

**MY FAMILY**



**FAMILY PHOTO**

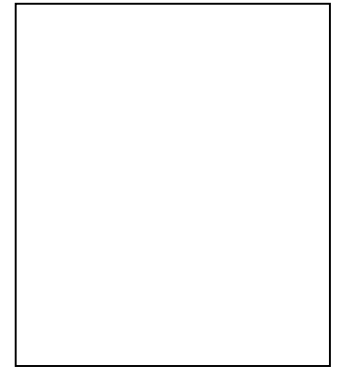
**ABOUT MY FAMILY**

# Reflective Journal

## AVLOKAN

### WHO AM I?

- MY LIFE
- MY PERSONAL PHILOSOPHY
- MY STRENGTHS AND WEAKNESSES
- MY DOUBTS AND FEARS
- MY GOALS AND MY MISSION
- MY ROLE MODEL (S)
- ALL THE THINGS I AM THANKFUL FOR



**SELF PHOTO**



# Reflective Journal

## AVLOKAN

**WHAT ARE MY EXPECTATIONS FROM THE PROGRAMME?**

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**WHAT ARE MY EXPECTATIONS FROM MY MENTOR?**

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**WHAT ARE MY EXPECTATIONS FROM MY PEERS?**

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**WHAT ARE MY EXPECTATIONS FROM MY SELF?**

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# My Personal Mission statement

# Reflective Journal

## AVLOKAN

MY REFLECTIONS

*“The only journey is the journey within”*

*-Rainer Maria Rilke*

**August**

**September**

Oct0ber

january

February



March

## ATTRIBUTE AND ASSESSMENT TRACKER

*(The Tracker is for facilitating self reflection and self assessment by the Mentee. The Tracker is to be filled by the Student-Mentee conjointly with the Faculty-Mentor /Buddy Mentor at the beginning and end of the semester)*

**(The Attribute And Assessment Tracker Has Been inspired by “100 Attributes For Amitiains” Envisioned By Our Founder President Dr. Ashok K. Chauhan.)**

### **1. Assessment on Thinking Skills**

S. No.	PARAMETERS	RATINGS	Semester Aug-Dec			
			Aug/Sep	Oct/Nov	Jan/Feb	Mar/Apr
<b>1</b>	<b>Problem Solving,</b>	<b>1 2 3 4 5</b>				
<b>2</b>	<b>Decision Making</b> (implement a well-thought our decision and take responsibility)	<b>1 2 3 4 5</b>				
<b>3</b>	<b>Critical Thinking,</b> (raise questions, identify and analyze problems ,)	<b>1 2 3 4 5</b>				
<b>4</b>	<b>Creative Thinking</b> (original, flexible and imaginative , generate new ideas with fluency)	<b>1 2 3 4 5</b>				

*“Man’s main task in life is to give birth to himself, to become what he potentially is. The most important product of his effort is his own personality.”*

*- Erich Fromm*

## **2 Assessment on Emotional Skills**

S. No.	PARAMETERS	RATINGS	Odd Semester		Even Semester	
			Aug/Sep	Oct/Nov	Jan/Feb	Mar/Apr
1	<b>Self awareness</b> (be comfortable with one's own self and overcome weaknesses for positive self-concept)	1 2 3 4 5				
2	<b>Managing Feelings/emotions</b> (ability to express and respond to emotions with an awareness of the consequences)	1 2 3 4 5				
3	<b>Empathy</b> ( identify, verbalize and respond effectively to others' emotions in an empathetic manner)	1 2 3 4 5				
4	<b>Dealing with stress</b> (identify causes and effects of stress on oneself and develop and use multi-faceted strategies to deal with stress)	1 2 3 4 5				

*“I know of no more encouraging fact than the unquestionable ability of man to elevate his life by conscious endeavor.”*  
*- Henry David Thoreau*

### 3 Assessment on social skills

S. No.	PARAMETERS	RATINGS	Odd Semester		Even Semester	
			Aug/Sep	Oct/Nov	Jan/Feb	Mar/Apr
1	<b>Ability to get along well with others</b> (show patience during a group task, is appreciative of ideas and qualities of others)	1 2 3 4 5				
2	<b>Identify, verbalize and respond effectively to others' emotions</b> in an empathetic manner and take criticism positively	1 2 3 4 5				
3	<b>Listen actively and empathetically</b>	1 2 3 4 5				
4	<b>Communication Skills</b> (Communicate using appropriate words, intonation and body language, maintain a comfortable level of eye contact)	1 2 3 4 5				

*“We are what we repeatedly do. Excellence, then, is not an act, but a habit.” – Aristotle*

#### 4. Assessment of Class Conduct and Performance

S. No.	PARAMETERS	RATINGS	Odd Semester		Even Semester	
			Aug/Sep	Oct/Nov	Jan/Feb	Mar/Apr
1	<b>Punctuality &amp; regularity</b>	1 2 3 4 5				
2	<b>Conduct in the class</b> (sensitive to differences among in - ability, religious beliefs, gender, culture, is respectful to teachers)	1 2 3 4 5				
3	<b>Participation in class and PSDA activities</b>	1 2 3 4 5				
4	<b>Academic performance</b>	1 2 3 4 5				

*“There is no real excellence in this entire world which can be separated from right living.” -*

*David Starr Jordan*

## 5. Assessment of Leadership Qualities

S. No.	PARAMETERS	RATINGS	Odd Semester		Even Semester	
			Aug/Sep	Oct/Nov	Jan/Feb	Mar/Apr
1	<b>Time management</b>	1 2 3 4 5				
2	<b>Problem-solving</b>	1 2 3 4 5				
3	<b>Collaboration</b>	1 2 3 4 5				
4	<b>Proactivity and motivation,</b> (Volunteers and takes up responsibilities in college programmes and works well in team)	1 2 3 4 5				

*“True leaders are hardly known to their followers*

*Next after them are the leaders the people know and admire;*

*After them, those they fear;*

*After them those they despise.*

*To give no trust is to get no trust.*

*When the work’s done right, with no fuss or boasting, ordinary people say, “Oh, we did it”*

*-Lao Tzu*

**MENTOR COMMENTS AND SUGGESTIONS:**

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**MENTEE COMMENTS AND SUGGESTIONS:**

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**NAME OF THE FACULTY MENTOR:** .....

**SIGNATURE:** .....

**NAME OF THE MENTEE:** .....

**SIGNATURE:** .....

*“In the final analysis it is not what you do for your students but what you have taught them to do for themselves that will make them successful human being”. - Ann Lander*